

Horizon Health Network Adult Oncology Services

Table of Contents

1. Horizon Health Network Oncology Services	Page 3
2. Your Appointments	Page 3
3. Your Oncology Health Care Team	Page 3
4. Cancer Treatment	Page 5
5. Clinical Trials and Research	Page 5
6. Screening for Distress	Page 5
7. Complementary Therapies	Page 5
8. Common Treatment Related Tests	Page 6
9. Oncology Clinics and In-Patient Units in Horizon Health Network	Page 7
10. Important Contact Numbers	Page 7
11. Cancer Websites	Pages 8 - 9
12. Notes	Page 10

Horizon Health Network Oncology Services

Your referring doctor (family doctor or surgeon) has asked the oncologist and other members of the Oncology health care team to see you. We understand that this is a stressful time for you and your family. The Oncology health care team is here to help you. The information in this booklet explains what you can expect during your visit.

Please ask questions and talk about your care with anyone on your Oncology health care team. We provide service in English and French.

Your privacy and confidentiality is very important to us. We collect, use and disclose your personal health information as needed to the appropriate members of the health care team as per the *New Brunswick Personal Health Information Privacy and Access Act*. If you need information on the privacy act, we would be happy to provide it to you.

Often times, people are in close quarters in a clinic, and may overhear private conversations between a patient and their health care professional. We ask that you help us protect the privacy and confidentiality of other patients in the clinic by not sharing their personal health information.

Your Appointments

During the first visit with the oncologist, you will receive a lot of information. It is a good idea to have someone with you, as it helps to have someone else hear what is being said. You can ask questions if needed, and you may want to take notes.

Please bring the following items with you to your appointment:

- your Medicare card
- **all your medications**
- pen and paper

If you need to cancel or change an appointment at the Oncology Clinic, please do so as soon as possible. Be sure to let the staff know if you are cancelling due to illness.

Appointments with your oncologist may be in person or by videoconference. Videoconferencing allows doctors to connect with patients instantly and easily using equipment that is located in health care facilities closer to your home. The oncologist can connect using teleconferencing equipment and TV monitors. The videoconferencing service is referred to as **Telehealth**. Telehealth services are expanding in New Brunswick, and are available in many areas throughout Horizon Health Network. Check with your oncologist to see if this may be an option for you.

Your Oncology Health Care Team

Cancer care involves you and your family, your medical doctor, and your oncology health care team. You will see many health care professionals, but your family doctor will remain your primary doctor and will continue to play a major role in your ongoing care. Your family doctor will receive information about how you are doing throughout your treatment.

Counselling and support services are available to you throughout your cancer journey. Each member of our team plays a special role in your care and may offer many of these services.

The Oncology health care team members are:

Managers, coordinators are responsible for making sure necessary resources (people, technology, medications) are in place for the safe delivery of your care.

Administrative support (clerks, receptionists, secretaries) receive and process information required for your care, such as scheduling clinic appointments, booking tests, requesting records or information, taking personal information for registration.

Doctors with specialty in cancer care will manage your treatment plan during your cancer journey. They may be referred to as: **medical oncologists, hematologists, radiation oncologists, general practitioners in Oncology and hospitalists.**

Nurses support you through your cancer experience. They can answer your questions, give medicine, and offer emotional support. **Oncology nurses** have special training in caring for people with cancer. There are different roles for nurses in oncology. A few examples include chemotherapy nurses, nurse practitioners, clinical nurse specialists, and nurse navigators.

Radiation therapists are medical radiation technologists who have certification in Radiation Therapy. They are responsible for the planning, preparation and delivery of patients' daily radiation treatments.

Social workers offer counseling and emotional support. They can assist with practical issues, such as providing information regarding medication costs, give advice regarding income assistance, help at home, and places to stay if treatments are out of town. Some may offer different relaxation therapies and techniques depending on their training and expertise. You can refer to the Horizon financial services booklet for more information.

Psychologists' help people cope with their emotions during illness. They can help you explore your feelings and teach you ways to improve your quality of life during and after your treatment.

Pharmacists review prescriptions and chemotherapy orders. They can answer questions about your medications. **Pharmacy technicians** are specially trained to prepare your chemotherapy medications.

Dietitians help with your nutrition during treatment. They can offer advice on eating problems such as loss of appetite, sore mouth, nausea and taste changes. They can also offer suggestions to you and your family about healthy eating, special diets and supplements.

Medication Access Specialist/Reimbursement Coordinator looks after funding and medication coverage for certain cancer drugs. They work with your oncologist, the drug companies, and your insurance company in finding ways to assist you with the costs of your medications. In some areas, this may be part of the social worker's role.

Volunteers help in the Oncology Clinic with meals and snacks and provide comfort and support.

Spiritual care providers offer support in finding meaning and hope during each stage of your illness. They can help you tap into your own sources of inner strength and peace and manage symptoms of spiritual distress including fear, grief, guilt and resentment. The service is available to all people regardless of their belief system. Spiritual Care providers can also assist you in making contact with spiritual leaders from a particular tradition or in arranging rituals and sacraments.

Extra-Mural Program is a home care program which includes various health care professionals. They work together as a team to deliver your care. A nurse is available 24 hours a day, seven days a week. These professionals work with other services in the community to provide the care you may need during your cancer experience.

Health Centres have nurses and physicians who can provide information, emotional support, guidance and counseling. Some health centres provide palliative care. They can be an essential part of your ongoing cancer care offering services such as blood collection.

Palliative Care is offered throughout Horizon Health Network. The Palliative Care team offers a variety of specialized services including symptom management. Some people requiring palliative care may be admitted to specialized palliative care beds, to their local hospital, or to the Extra-Mural Program.

There may be other health care professionals, such as physiotherapists, occupational therapists, involved in your care as needed. The oncology Health care team will guide you as to whom you should see for the appropriate referrals.

Cancer Treatment

There are different forms of cancer treatment. Some may be combined with each other or offered as a separate treatment.

Examples of treatment types include:

- Surgery/Chemotherapy/Hormone therapy
- Radiation Therapy

Once you meet with the oncologist, you will learn about your plan of care. If you need chemotherapy, your first treatment is usually booked within two weeks after seeing the oncologist. Chemotherapy is usually not started until at least 4-6 weeks after surgery. If you need a combination of both radiation and chemotherapy, the medical oncologist and/ or radiation oncologist will determine what the schedule will be.

Treatments may be given in different locations. Chemotherapy may be given in a regional Oncology Clinic or at a location closer to your home. Radiation Therapy is available at the Dr. Léon-Richard Oncology Centre (Moncton) or at the Saint John Regional Hospital (Saint John). Talk to your oncologist to see which location is best for you.

The Canadian Cancer Society provides great information about chemotherapy and other drug therapies as well as radiation therapy on their website. The same information is also available in booklet form. You can get a booklet from your Oncology health care team or by calling your local branch of the Canadian Cancer Society.

Clinical Trials and Research

A clinical trial is a research study done to answer questions about new drugs, medical devices, or new ways of using known treatments. Important information is collected to determine if new drugs or treatments are safe and effective. Clinical trials help to improve treatment options for patients by providing access to current research options available to you. You may want to discuss this further with your oncologist to see if it may be an option for you.

The Canadian Cancer Society (CCS) also provides great information on their website. The same information is available in their booklet “Clinical Trials”. You can get the booklet from your Oncology health care team or by calling your local branch of the Canadian Cancer Society.

Screening for Distress

Cancer can be a difficult and stressful illness. Many people experience distress during their cancer experience. This is because cancer affects more than just your body – it can affect many parts of your life such as your emotions, your work, your finances, and your relationship with your family and friends. Distress can be described in many ways. Some people describe stress as a general feeling of discomfort or upset.

To better understand how you are feeling and coping with your cancer, your health care team may ask you to complete a short screening for distress questionnaire, or ask you more questions about distress.

Complementary Therapies

Before, during, and after cancer treatment there are other therapies that can assist you with relaxation and pain management. Many patients dealing with cancer have benefited from massage therapy, acupuncture, aromatherapy, Tai Chi, Reiki, and other approaches. Before trying any other therapy, talk to your health care team about the benefits and risks. Together you can make the best decision for you.

You may find it helpful to read the “Complementary Therapies” booklet from the Canadian Cancer Society. You can get the booklet from your Oncology health care team or by calling your local branch of the Canadian Cancer Society.

Common Treatment Related Tests

There are different tests that you may have as part of your care. Some of the tests are used to help the doctor know if your treatment is working such as an X-ray. Other tests give information about whether you are able to receive your chemotherapy. The tests that you need depend on your type of cancer and your treatment. Your doctor will order what tests you need.

Blood Work – A small amount of blood is taken for examination. You will be told if you are not to eat or drink before your blood test.

X-Ray – looks at areas of the body by using a low dose of radiation to expose a film. There is no preparation. It only takes about 15 minutes to have an X-ray.

Ultrasound – uses sound waves to create a picture of muscles, tendons, tissue and organs. Sometimes you need a full bladder for this test. You will be instructed if you need to have a full bladder. It takes about 15 to 30 minutes to have an ultrasound.

CT or CAT scan – is a computerized reconstruction from multiple angles to produce a three-dimensional image of bones and soft tissues. You may or may not need to fast for a CT scan depending upon the area on your body which is being scanned. You may need to drink a small bottle of fluid the night before and prior to the test to help improve the picture for the doctor. It can take 10 to 30 minutes to have a CT scan.

MRI (Magnetic Resonance Imaging) – This test uses powerful magnets and radio waves to take a picture of tissues. Certain types of tumours are easier to see on MRI than on CT. It can take 30 to 60 minutes to complete an MRI. **All metal and magnetic objects must be removed before entering the MRI as the magnet is always on.**

PET (Positron Emission Scanning) – This test takes pictures of cells, even in small numbers. This test involves injecting radioactive fluoride into the bloodstream which is easily seen on the PET scan. You need to fast for several hours including the preparation time. You will be told exactly how long you need to fast. This test can take up to several hours to complete.

Bone scan – uses a radioisotope which is injected into the bloodstream that is absorbed mostly in the bones. About 2.5 hours after the injection, a special camera takes a picture of your bones. This procedure takes 30 minutes.

Bone Density scan – uses a low amount of radiation to measure your bone mineral density and predicts your chance of fracture. There is no preparation for a bone density scan. It takes 15 minutes for this procedure.

Mammogram – uses low doses of radiation to create pictures of the breast. There is no preparation for a mammogram. It takes about 15 minutes for a mammogram.

MUGA scan (Multi Gated Acquisition Scan) – uses radioisotopes which are injected into the bloodstream. This helps the doctor look at blood flow through your heart and how the lower chambers of your heart are working. About 1 hour after you have been given the injection pictures of your heart will be taken. It takes about 1 hour to take the pictures.

PFT's (Pulmonary Function Test) – This test measures the amount and speed of air moved in and out of your lungs. There is no preparation and it takes about 30 to 60 minutes to do PFTs.

Bone Marrow biopsy and aspirate – is performed by a doctor. The area is cleaned and then injected with some freezing. It is usually done in the pelvic or breast bone. The doctor will insert a biopsy needle and take a sample of the bone marrow. Pressure and a bandage are applied to the biopsy site. This procedure lasts approximately 10 to 15 minutes. You will have to lie on your back for 30 minutes afterwards to prevent bleeding.

Fredericton and Surrounding Area	
Dr. Everett Chalmers Regional Hospital	506-452-5400
Oncology Clinic	506-452-5026
Upper River Valley Hospital	506-375-5900
Oncology Clinic	506-375-2548
Hotel Dieu of Saint Joseph	506-273-7100
Oncology Clinic	506-273-7178
Saint John and Surrounding Area	
Saint John Regional Hospital	506-648-6000
Oncology Clinic	506-648-7680
Radiation Therapy	506-648-6887
Inpatient Oncology	506-648-6208
St. Joseph's Day Hospital	506-632-5788
Charlotte County Hospital - Oncology Outreach Clinic	506-465-4733
Sussex Health Centre	506-432-3110
Moncton and Surrounding Area	
The Moncton Hospital	506-857-5111
Oncology Clinic	506-857-5267
Inpatient Oncology	506-857-5201
The Dr. Léon-Richard Oncology Centre (Georges Dumont Hospital)	
Oncology Clinic	506-862-4005
Radiation Therapy	506-862-4025
Inpatient Oncology	506-862-4305
Miramichi and Surrounding Area	
Miramichi Regional Hospital	506-623-3000
Oncology Clinic	506-623-6164

Important Contact Numbers	
Canadian Cancer Society	1-800-455-9090
Cancer Connection	1-800-263-6750
Smokers' Helpline	1-877-513-5333
Oncology Clinic	
Other	

Cancer Web Sites for Patients, Families and Friends

There are many web sites on the Internet. It can be confusing and sometimes complicated to find ones that relate to you and your disease. The following pages highlight a few easy-to-navigate sites that provide reliable and credible cancer-related information and support. They are divided alphabetically into bilingual and English/French only sites.

Bilingual Sites

Canadian Cancer Society (CCS) - www.cancer.ca

This site provides information about different types of cancer. The many services offered by the Canadian Cancer Society are identified. There is information about prevention, signs and symptoms, treatment and cancer resources. Canadian cancer statistics and current cancer research are highlighted.

Cancer Care Ontario (CCO) - www.cancercare.on.ca

The Cancer Care Ontario website offers cancer information for patients and families. It has information about different types of cancer, prevention, screening, diagnosis, cancer treatments, and statistics of various cancers, cancer drugs and palliative care. You can learn about the Ontario Cancer System, find cancer centres in Ontario, discover what is going on in cancer research, and explore the guidelines for managing cancer and its treatment side effects.

Cancer View - www.cancerview.ca

The Cancer View website connects Canadians to quality cancer resources. It links to a variety of on-line patient resources, including a professionally-led online support for Canadians affected by cancer. The site links to the Canadian Cancer Society's (CCS) "Canadian Cancer Encyclopedia" which is a comprehensive database of cancer information, the CCS cancer glossary, and the CCS Cancer Information Service. There is a range of information about current Canadian clinical trials, screening and early diagnosis, and treatment. The site also has "The Truth of It" video series. The video series is an excellent way to learn about how others deal with cancer.

Health Canada: Natural Health Products Directorate - www.hc-sc.gc.ca/ahc-asc/branch-dirgen/hpfb-dgpsa/nhpd-dpsn/index-eng.php

Information on Canadian natural health products regulations

New Brunswick Cancer Network (NBCN) - www.gnb.ca/0051/cancer/index-e.asp

NBCN is a part of the New Brunswick Department of Health. Its focus is to create an evidence-based provincial strategy for all parts of cancer care, including prevention, screening, treatment, follow-up care, palliative care, education and research. Learn more about what NBCN is doing in New Brunswick by visiting their website.

English Sites

BC Cancer Agency - www.bccancer.bc.ca

The BC Cancer Agency provides a wide range of cancer information for patients and families. It contains information on various types of cancer, prevention, cancer treatments, statistics of various cancers, medications and unconventional cancer therapies. One can navigate the site easily.

CamLine - www.camline.ca

CamLine provides up-to-date, evidence-based reviews of natural health products and complementary and alternative therapies for health care professionals and patients.

Cancer Care Nova Scotia (CCNS) - www.cancercare.ns.ca

The Cancer Care Nova Scotia website offers cancer information for patients and families on different types of cancer, prevention and screening, cancer treatments, medications and clinical trials. CCNS offers the opportunity to join the Cancer Patient Family Network. The Network is a way to stay in touch with the Nova Scotia cancer system. As a member of the Network, you will receive the CCNS newsletter. One can navigate the site easily.

Cancer.Net - www.cancer.net

This is a comprehensive patient education cancer web site offering cancer information for patients, friends, families, and health care providers. One can find research information, cancer statistics, and clinical trials information. There is also specific information on types of cancer, treatments, managing side effects, ways to cope, and a section on survivorship. Information is in both English and Spanish

Caring Voices - www.caringvoices.ca

Caring Voices is an online, Canadian community of support for cancer survivors. It is an initiative of the Princess Margaret Hospital in Toronto, Ontario. The site offers online access to current educational resources, peer support and advice and education from health care and community experts.

LIVESTRONG - www.livestrong.org

This American web site offers information to survivors about finding and evaluating cancer-related information, provides survivorship stories, and so much more.

MyLifeLine.org - www.mylifeline.org

This site connects you with others dealing with cancer. MyLifeLine.org aims to help one set up an online community of family and friends to allow one to connect with others, feel encouraged and inspired, and promote healing. The site offers up-to-date information about “What is in the News.”

National Coalition for Cancer Survivorship - www.canceradvocacy.org

The National Coalition for Cancer Survivorship is the oldest American survivor-led cancer advocacy organization. The site offers a wealth of information for survivors including the organization’s award-winning cancer survival toolbox.

National Comprehensive Cancer Network - www.nccn.com

NCCN.com is a site devoted to patients, caregivers and their families. It offers a patient version of commonly used Clinical Practice Guidelines in Oncology produced by the National Comprehensive Cancer Network. It also offers information about different types of cancer, cancer staging, clinical trials and much more.

OncoLink - www.oncolink.org

OncoLink provides comprehensive information on various types of cancer, symptom management, financial issues, clinical trials and psychosocial support. The site offers cancer news and book reviews. Articles are informative, easy to read, and useful. Links to additional cancer information sources are found throughout the site.

If you want more information on how to evaluate a cancer web site please visit Oncolink (University of Pennsylvania) online at: www.oncolink.org/resources/faq/eval.html

Keep in mind that web site addresses may change. You may try to use a site only to get an error message. You can do your own search to find the new location by taking a keyword(s) from the title and doing an internet search.

Disclaimer:

The information provided here is intended for educational and informational purposes only, not as a replacement for medical intervention. Please talk to your physician or other health care provider with any questions or concerns you have concerning the information available. Horizon Health Network disclaims any implied guarantee about the accuracy, completeness, or relevance of any information found in the sites.